



## *Are you “Sick and Tired” of being “Sick and Tired”?*

**Feel better**

**Be in control**

**Do the things you want to do**



## **Register for the *Healthy Living Workshops***

Do you have a health condition such as diabetes, asthma, heart conditions, high blood pressure?

**Do you want to take control of your health?**

**Free** 2 hour workshops, once a week for 6 weeks

### **What You Can Learn**

- Managing your symptoms
- Relaxation techniques
- Improve communications with your provider
- Tips for eating well
- Personalizing your fitness program



## **Put Life Back in Your Life!**

**Stop by the Health Education Resource Center to sign up.  
Or call: 909-825-7084, ext 1661 or ext 2443**

**The six-class workshops are on:**

**Tuesday 3:00pm to 5:00pm or  
Wednesday 3:00 pm to 5:00 pm**

